

THE POWER LEAK MAP					
16 adaptive strategies - what they protect, what they cost, and how to begin reclaiming your power					
Role	Threat response	What it protects	How power leaks	The cost	Remedy
FIGHT - outward directed energy					
The Challenger	Fight	Autonomy and dignity	Fights battles that don't need fighting, burns energy on resistance	Exhaustion, damaged relationships, reputation as difficult	Pause at the threshold - ask if this battle is chosen or automatic
The Gatekeeper	Fight	Position and influence	Controls access and information as a form of power management	Isolation, transactional relationships, missed genuine connection	Share access generously - discover that influence grows when given away
The Stoic	Fight	Dignity and moral authority	Suffers in silence and keeps score, wields endurance as leverage	Unmet needs, accumulated resentment, relationships strained by unspoken weight	Name one need directly before resentment builds
FAWN - safety through pleasing					
The Pleaser	Fawn	Belonging and approval	Says yes before checking alignment, absorbs others' discomfort	Exhaustion, resentment, loss of own needs and voice	Pause before agreeing - feel the yes before you say it
The Rescuer	Fawn	Connection and worth through usefulness	Fixes others' problems, removes their agency, manages own discomfort through helping	Emotional depletion, frustration, relationships built on inequality	Ask: is this mine to fix? Stay present without solving
The Peacemaker	Fawn	Harmony and safety	Swallows truth to avoid tension, absorbs group discomfort	Internal anger, relationships built on performance rather than honesty	Name one small truth early - notice whether the relationship holds
The Caregiver	Fawn	Usefulness and love through giving	Prioritises others' needs first, gives beyond capacity, rarely receives	Energy collapse, resentment, loss of self in service of others	Schedule rest as non-negotiable - include yourself in the circle of care
FLIGHT - safety through moving away					
The Perfectionist	Flight	Competence and safety from criticism	Over-delivers and over-functions, sets impossible standards	Burnout, control tension, worth tied to output	Define enough in advance - practise stopping there
The Over-Responsible One	Flight	Control and safety through reliability	Carries more than their share, can't delegate, cleans up others' messes	Chronic stress, resentment, others never learn to manage themselves	Hand one thing back - watch what doesn't fall apart
The Rule-Follower	Flight	Order and safety through compliance	Obeys unspoken expectations, defers to authority, self-criticises before questioning	Stalled autonomy, inner authority eroded, integrity outsourced to the system	Question one should this week - ask whether you chose it or inherited it
The Outsider	Flight / Freeze	Identity and autonomy through distance	Opts out before being pushed out, resists belonging, performs independence	Loneliness, missed connection, identity built on separation rather than choice	Let one person closer than feels comfortable - notice what you don't lose
FREEZE - safety through disappearing					
The Invisible One	Freeze	Safety through smallness	Avoids taking up space, deflects recognition, withholds ideas	Under-recognition, quiet frustration, potential consistently unexpressed	Speak before resentment builds - offer one idea that you'd normally hold back
The Chameleon	Freeze	Acceptance through adaptation	Shape-shifts to fit the room, edits self to match others, loses centre	Loss of self, identity fatigue, exhaustion from constant monitoring	State one clear preference - practise holding it when the room pushes back
The Permission-Seeker	Freeze	Safety through authorisation	Waits for external validation before acting, defers own readiness to others	Missed opportunities, potential unrealised, authority permanently outsourced	Take one action this week without seeking approval first
HYBRID - fawn / fight					
The Defector	Fight / Fawn	Status through system alignment	Distances from other women to stay acceptable to power structures	Isolation, inauthenticity, complicity in the system that limits all women	Ask whose values you have been living by - and whether you would still choose them
The Performer	Fawn / Fight	Approval and control through image	Manages what is seen, keeps busy to avoid vulnerability, performs competence	Identity fatigue, invisible to those closest, worth tied to achievement not presence	Let one person see one unpolished version of you - notice what doesn't collapse
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THE POWER LEAK MAP (Top 6)					
Top 6 adaptive strategies - what they protect, what they cost, and how to begin reclaiming your power					
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